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Transitioning: A Birth Story

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Transitioning: A Birth Story

Jillmarie Kawaoka

Holding him
Holding space to heal
Holding space to grieve
Holding on to expectations
Just barely holding on

Learning to let go
Letting go of expectations
Letting go of pain
Letting go of memories held viscerally in the body
Letting go of “not like this” and “why me”
Letting myself go

Feeling sharp pain of fresh agony alongside the ache of old
wounds callused over
Holding it all together and letting it all fall apart
Sitting with the pieces
Space and stillness
In the darkness
A thread lets go, unraveling
Something else begins

A new truth
A new way to feel
A new growth takes root in space that couldn't exist
Before the devastation
Before the destruction

A new life for an old soul
A new peace of mind to grow over the pain and doubt and
disappointment
A new strength is called on and realized and takes over
Until the rhythm of holding on and letting go creates a steady
heartbeat
And in the quiet of acceptance
New life is born